



TGCA NEWS

APRIL 2025



2024-2025 TGCA OFFICERS



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right photo courtesy Katherine Eiteljorge



PRESEVERANCE TO HEARTBREAK

Melissa Pump | Christoval HS | TGCA Track Committee Chair

How a Female Athlete Copes With Defeat

Everyone knows that distance running is a beast of a sport. The whole race is a mental game between you, the weather, your legs, your brain, and the ground. Now, add a female athlete to that mix, who already faces social media and other societal challenges, it could present the perfect storm. As a distance coach, I take this storm as an opportunity to help show these young ladies how amazing and strong they can be through running. With no time-outs or substitutes, they must conquer defeat when their brain tells them they can't keep going.

Some key points that athletes need to focus on are Consistency, Perseverance, and Mental Toughness to give them the grit to compete.

Consistency

Consistency is defined as maintaining a steady level of performance over time, achieved through consistent training, effort, and a strong mental approach, leading to reliable results and skill development. Being consistent, with your workouts is easier when you are at practice and a coach is pushing you, but how is it when you are

alone? A term we have adopted from my good friend Anthony Branch is ROYO, or run on your own. This includes weekend or holiday runs where they must do the workouts without help. This is where coaches learn which athletes are consistent with their training and have developed into committed distance runners.

Perseverance

Perseverance in an athlete is when they have the quality of continuing to make an effort to do or achieve something, even when this is difficult or takes a long time. Long-distance coaches see this when hardships occur and the athlete trusts in you and themselves enough to keep going, to take an ice bath when they don't like them, or do an intense workout because they know you have their best interest at heart. Even when you are injured during the season, you must keep going so that all the training isn't for nothing.

Mental Toughness

Mental toughness is the ability to remain focused, determined, and resilient, even when facing challenges and adversity, ultimately contributing to better

performance and goal achievement. Distance runs, in track, are more challenging because you don't go anywhere, the scenery doesn't change and there isn't that intense fan crowd like sprint races cheering you on. They must learn to run with a purpose and break down the race to the 100m to conquer each event. Distance runners are mentally stronger than any other athlete because they must continuously push themselves out of their comfort zones to compete.

As a distance coach of female athletes, I have seen athletes focus on distance races such as the 800m and the 1600m. All though there are a select few who can compete and are successful in all 3(3200m/800m/1600m). Those female athletes are of a special group that is mentally tough, a little crazy, and can connect with all of the following key points. They do not skip a workout, never miss a Sunday Long Run, and do what they need to when no one is looking even when it's hard to self-motivate. It is truly what keeps them going daily.

For this season, as the athletes start narrowing down heading into the championship track season, I find myself reflecting on this year. We look at who is left and how we got to where we are. As the competition gets more intense, the workouts get shorter but with greater intensity. Athletes begin to see how consistency and mental toughness can pay off and show in their success. You will find, these athletes pay attention to how they eat and how much sleep they get. One athlete in particular is a sophomore who has been a distance runner since 6th grade. She pushed herself back in 6th grade to achieve huge goals by setting and accomplishing the challenge of running for 1000 days in a row. Now she signs herself up for multiple 5ks and fun runs. But it wasn't until this season that she saw her hard



work pay off when she qualified in the 3200m, 800m, 1600m, and shot put to the area meet.

Then, when everything comes to a screeching halt and you hear the phrase, "You can not run", your heart sinks, and mental toughness and perseverance must come to the forefront to keep them going. The thoughts went to, this season was, "The Season" to qualify for regionals and keep pushing forward until a bad step leads to no racing at all. This means all the hard work you have put in all the long runs, tempo runs, repeats and everything is over for now.

Female athletes struggle more when an injury occurs due to their brain getting the best of them, social media, and just the mere factor of jealousy. To see someone else take your place, see where you should have been, and yet to support and know that God has a bigger plan for you. How do you keep pushing your teammates to get where you should have been? Selflessness and your faith are how. Through the countless miles you have put in and all the hardships that come along, you have built a mental capacity and coach-like knowledge unlike no other. You now get to become a coach and encourage others to hit their splits to conquer the unthinkable and fulfill what God has for you and them. We are in this profession to love, encourage, and build up strong women who will believe in themselves and carry that throughout their lives. I encourage you as a coach to make sure that every athlete you come in contact with knows you are there for more than just the wins, the medals, and the celebration. We must encourage female athletes to believe in themselves and be mentally stronger than everyone else!



photo courtesy Laura Davis

INTRODUCTION TO CROSS-TRAINING

BSN SPORTS

Cross-training is an essential strategy for athletes looking to optimize their performance. By engaging in various forms of exercise, athletes can enhance their overall fitness, reduce the risk of injury, and improve mental well-being. Incorporating cross-training into a routine diversifies workouts and maximizes potential in one's primary sport.

By participating in multiple types of physical activities, athletes develop a well-rounded fitness base. For instance, swimmers can benefit from weight training to build strength, while runners might improve their endurance through cycling. This comprehensive approach ensures that athletes are in peak condition and ready to tackle the challenges of their sport.

One of the significant benefits of cross-training is its role in injury prevention. By varying workout routines, athletes can avoid overuse injuries from repetitive strain on the same muscle groups. Engaging in muscle-strengthening activities through cross-training can help reduce muscle atrophy and lower the risk of falls and osteoporosis, particularly in older individuals.

Improved Overall Performance

Cross-training can significantly enhance an athlete's overall performance. By participating in multiple types of physical activities, athletes can develop a well-rounded fitness base that boosts their abilities in their primary sport. For instance, swimmers may benefit from weight training to build strength, while runners might improve their endurance through cycling.

Moreover, for adults who train like competitive athletes, cross-training is an excellent way to combat the natural decline in physical abilities associated with aging. En-

gaging in competitive sports or training as a competitive athlete can help counter the loss of physical ability with aging. This comprehensive approach ensures that athletes are in peak condition and ready to tackle the challenges of their sport.

Injury Prevention

One of the significant benefits of cross-training is its role in injury prevention. By varying workout routines, athletes can avoid overuse injuries from repetitive strain on the same muscle groups. Engaging in muscle-strengthening activities through cross-training can help reduce muscle atrophy and lower the risk of falls and osteoporosis, particularly in older individuals. Muscle-strengthening physical activity has been shown to reduce muscle atrophy, risk of falling, and osteoporosis in the elderly.

Cross-training provides a balanced regimen that allows different muscles to recover while others are being worked. This approach ensures that athletes maintain a robust and resilient physique, capable of enduring the demands of their sport.

Enhanced Flexibility and Mobility

Flexibility and mobility are essential for peak athletic performance, and cross-training can significantly improve these aspects. Incorporating exercises such as yoga, Pilates, or dynamic stretching into a training routine enhances range of motion and agility. These activities not only increase flexibility but also contribute to more efficient movement patterns.

By prioritizing flexibility through diverse workouts, athletes can move with greater ease and precision in their primary sports. Improved range of motion can enhance technique and reduce the risk of injury, as the body becomes more adaptable to various physical demands. Cross-training that focuses on flexibility helps athletes maintain a balanced and responsive physique, ready to meet the challenges of their sport.

Mental Benefits

Cross-training offers numerous mental benefits that can enhance an athlete's overall well-being. By varying workouts, athletes can prevent mental burnout that often arises from repetitive training routines. Engaging in different activities keeps workouts exciting and fresh, fostering a more positive attitude toward training.

Physical activity in general has been shown to have significant mental health benefits. Exercise can prevent or alleviate mental illnesses, such as depressive symptoms and anxiety-related conditions. Additionally, regular training can improve an individual's quality of life, enhance coping mechanisms for stress, and bolster self-esteem and social skills. Training and exercise improve the quality of life and coping with



BSN SPORTS

stress and strengthen self-esteem and social skills. These mental benefits contribute to increased motivation and focus, allowing athletes to perform at their best.

Developing New Skills

Cross-training offers athletes the opportunity to learn new techniques and skills that can complement their primary sport. For example, a basketball player might take up swimming to enhance their cardiovascular endurance, or a cyclist might engage in yoga to improve flexibility. These new skills not only enrich an athlete's training routine but also offer strategic advantages in their main discipline.

Moreover, participation in sports, regardless of competition, is associated with promoting healthy behaviors and improving quality of life. Participation in sports, with or without competition, promotes healthy behavior and a better quality of life. Embracing cross-training allows athletes to broaden their skill sets, which can lead to better performance and a more enjoyable sports experience.

Conclusion

Cross-training is a versatile and effective approach for athletes seeking to enhance their performance and overall well-being. It allows athletes to engage in a variety of physical activities, which can lead to improved strength, endurance, and flexibility. By varying workout routines, athletes can prevent overuse injuries and promote balanced muscle development, which is crucial for long-term athletic health.

Additionally, cross-training offers significant mental benefits, helping to keep athletes motivated and reducing the risk of mental burnout. Different activities keep the training experience fresh and enjoyable, which can foster a more positive outlook on workouts and training sessions.

Developing new skills through cross-training can also provide athletes with strategic advantages in their primary sports. Whether it's a basketball player gaining cardiovascular endurance from swimming or a cyclist improving flexibility through yoga, these new skills contribute to a more comprehensive and adaptable athletic performance.

Incorporating cross-training into an athlete's routine ensures a holistic approach to fitness, addressing not just the physical but also the mental aspects of athletic training. This well-rounded approach can lead to a more successful and enjoyable sports experience, making cross-training an invaluable component of any athlete's regimen.



photo courtesy Chelsea Festervand

TRACK & FIELD STATE CHAMPIONSHIPS

Mike A. Myers Track University of Texas at Austin | May 1-3, 2025



photo courtesy Logan Lawrence

Ticket Prices & Parking
 Ticket and Parking Information for the 2025 UIL Track & Field State Meet is available [HERE](#).

SCHEDULE
 Thursday.....3A & 4A
 Friday.....2A, 5A, & Wheelchair
 Saturday.....1A & 6A

Field Events 9:00 a.m.
 3200m ONLY 9:00 a.m.
 Running Events 5:00 p.m.
Note: Event schedule is the same for each day

Detailed Schedule posted [HERE](#)

GOLF STATE CHAMPIONSHIPS

Austin Metro | April 28-29, 2025

CONFERENCE	STATE TOURNAMENT SITE	PARKING	CART RENTAL
1A	Crystal Falls Golf Club, Leander	\$10 (Cash Only)	\$50 per cart
2A	Lions Municipal Golf Course, Austin	No Fee	\$50 per cart (Handicap Only)
3A	Jimmy Clay Golf Club, Austin	No Fee	\$50 per cart (Handicap Only)
4A	Legends Golf Course, Kingsland	No Fee	\$75 per cart
5A	Legacy Hills Golf Club, Sun City	\$10 (Cash Only)	\$75 per cart
6A	White Wing Golf Club, Sun City	\$10 (Cash Only)	\$75 per cart

Ticket Prices
 Admission to the golf state tournament (all locations) is FREE.

Food/Drink
 Food and drink will be available for purchase at all locations. No outside food or drink is allowed.

Cart Availability
 Spectators may bring a personal cart with a \$20 charge at Legends; a \$25 charge at Legacy Hills and White Wing; a \$30 charge at Lions and Jimmy Clay; and a \$40 charge at Crystal Falls. Visit the [UIL Website](#) for more information.



photo courtesy Logan Lawrence

SPORT NOMINATION DEADLINES

Online nomination deadlines for all sports is the Monday before the UIL state tournaments/meets at noon. For 2024-25, they are as follows:

Golf	April 21, 2025
Track & Field	April 28, 2025
Tennis	May 12, 2025
Softball	May 26, 2025

||| TENNIS STATE CHAMPIONSHIPS

Blossom Tennis Center, Annemarie Tennis Center, Northside Tennis Center | San Antonio, Texas
May 15-16, 2025

Thursday, May 15

Blossom Tennis Center (1st Rd. & QF)..... 1A-2A
Annemarie Tennis Center (1st Rd. & QF) 3A-4A
Northside Tennis Center (1st Rd. & QF)..... 5A-6A

Friday May 16

Blossom Tennis Center (SF & F) 1A-2A
Annemarie Tennis Center (SF & F)..... 3A-4A
Northside Tennis Center (SF & F)..... 5A-6A

Tickets

One-Day Pass..... \$15/a day
Two-Day Tournament Pass\$25
Coaches All-Tournament (Sold onsite, Must show ID).....\$20
Parking FREE

[BUY HERE](#)



photo courtesy Logan Lawrence

AD&D BENEFIT (ACCIDENT DEATH AND DISMEMBERMENT)

The Texas Girls Coaches Association in cooperation with American Income Life Insurance Company, is pleased to announce that we are providing additional benefits at NO COST to make your membership even more valuable! These benefits include:

- \$4,000 Group Accidental Death and Dismemberment Benefit! (Covers all members.)
- Health Services Discount

Card for your entire household which provides discounts up to 60% on Vision Care, Chiropractic Care, Hearing Care and Prescriptions!

- Child Safe Kits – this valuable tool can provide information to the authorities if your child or grandchild should ever go missing!

- Family Information Guide – When emergencies occur, families can avoid confusion and additional stress by having

all of their critical information organized in one place.

Please check your mail for the letter regarding these new benefits!

Once you return the response card, an AIL representative will contact you to schedule a convenient time to deliver your benefits and explain additional insurance coverage available.

American Income Life is an international company

licensed in 49 states, the District of Columbia, Canada and is registered to carry on business in New Zealand. AIL has earned an A+ (Superior) Financial Strength rating from A.M. Best Company. (as of 6/2014)

For more information on these benefits, please contact Arnaecia Alridge at 281-857-9325 or ajalridge@aillife.com. To view the letter online, visit aillife.com/benefits/sgM9W.

||| DR. CHARLES BREITHAAPT

Gary Tipton | Fellowship of Christian Athletes



This month we recognize a man that has done a lot for Texas Girls Coaches Association and for Fellowship of Christian Athletes. Dr. Charles Breithaupt has championed support for coaches of girls athletics and girl athletes throughout his tenure with the UIL.

I believe one of the reasons he has such a heart for TGCA and girls athletics in general, is Dr. Breithaupt and his wife, Debbie, have one daughter, Deah, who is married to

Attorney James Twine. They now have 2 granddaughters, Reagan and Bristol. Reagan plays for Liberty Hill. Liberty Hill got to play in the 5A Girls Basketball State Championship

Game this year. Reagan has also been selected to play in the TGCA 5A-6A All-Star Basketball Game this summer.

Dr. Breithaupt spent 17 years in coaching and won a Boys State Basketball Championship at Hardin- Jefferson in 1991 prior to his career with the UIL. In 2009 he became the Executive Director of the UIL.

Dr. Breithaupt and Debbie have been an integral part of the ministry my wife, Kay, and I do for FCA. They have been a part of our Home Team from the start. Dr. Breithaupt is retiring, but his support for TGCA and his following Jesus and making disciples as he goes will continue.

FCA ministry is to and through you, the coach. Eternal W's is what we strive for. Together,

"Let's be used to win them all."

TGCA COACHES OF THE YEAR

CHEER

NAME	SCHOOL	CONE.
Julie Hall	Celina HS	1A-4A
J'Lynn Jackson	Conroe Caney Creek HS	5A-6A
Jessica Cantrell*	Tomball HS	1A-6A

* - Assistant Coach of the Year

BASKETBALL

NAME	SCHOOL	CONE.
Jay Bruce	Martin's Mill HS	1A-4A
Jill Schneider	Lubbock Monterey HS	5A-6A



Jill Schneider
photo courtesy:
UIL

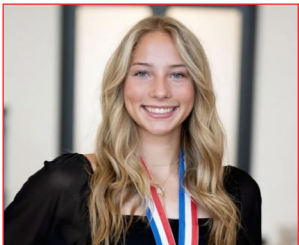


Jessica Cantrell
photo courtesy:
TGCA

TGCA ATHLETES OF THE YEAR



Megyn Meekins
photo courtesy:
TGCA



Maggie Grimes



Rhianna Rees

CHEER

Conferences 1A-4A
Maggie Grimes
Shallowater HS
Coach: Jaycie Willer

Conferences 5A-6A
Rhianna Rees
Lewisville Marcus HS
Coach: Jenna Wilkins

BASKETBALL

Conferences 1A-4A
Megyn Meekins
Nocona HS
Coach: Kyle Spitzer

Conferences 5A-6A
Aaliyah Chavez
Lubbock Monterey HS
Coach: Jill Schneider

CONGRATULATIONS TO THE FOLLOWING TGCA MEMBER COACHES WHO WILL BE PRESENTED RINGS PROVIDED BY HERFF JONES AND THEIR TEAMS WHO CAPTURED 2025 UIL SOCCER STATE CHAMPIONSHIPS

COACH	SCHOOL	CONFERENCE
Alexander Adams	Celina	4A-1
Whitney Bernard	Canyon Randall	4A-2
Caleb Blakley	CS A&M Consolidated	5A-1

COACH	SCHOOL	CONFERENCE
Winston Pool	Cedar Park	5A-2
Craig Able	Coppell	6A-1
Erin Smith	Lewisville Marcus	6A-2

2025 TGCA SUMMER CLINIC

ARLINGTON CONVENTION CENTER - ATHLETIC & SPIRIT DIVISIONS | JULY 14-17



photo courtesy Margaret Gallegos

Summer Clinic will be held in Arlington this year. Clinic will be held at the Arlington E-Sports Stadium, 1200 Ballpark Way, with some lectures and registration being held at the Sheraton Arlington, 1500 Convention Center Drive. The Convention Center is conveniently located to all TGCA utilized hotels and sports facilities; Six Flags; Hurricane Harbor; Globe Life Field (Rangers); AT&T (Cowboys) Stadium; Live! By Lowes, and many more attractions.

All-Star activity schedules and venues can be found on the website, www.austintgca.com, under the All-Stars tab

in the menu across the top of the page. These will be updated regularly, so be sure to check back on them.

The TGCA Honor Awards Banquet will be held Monday, July 14th, 7:00 p.m., at the Arlington Sheraton Hotel, 1500 Convention Center Drive, with a social hour beginning at 6:00 p.m.

Beginning February 1st, you will have access to on-line Summer Clinic registration and Membership renewal. On-line hotel reservations will open in March. Be sure to register for Clinic, renew your membership, and book your hotel room early! On site Clinic registration will be available, but you are en-

couraged to register and renew on-line early. It's easy, time-saving and convenient. You MUST book your hotel rooms through the on-line reservation service to get the TGCA rate. It will be linked to the TGCA website and will appear under "Summer Clinic", and then "Hotel Reservations" when it opens.

If you wish to renew your membership using a printable form rather than on-line, those forms can be found on the TGCA website, www.austintgca.com, under "Summer Clinic" and "Forms", both located in the menu on the left-hand side of the page. Please be sure you choose the "2025-26

Printable Membership Form".

The 2025 TGCA Summer Clinic Agenda has been posted on the TGCA website, www.austintgca.com, and will be updated often as we progress towards Summer Clinic and speakers are verified. We have once again changed the agenda format quite a bit, so be sure you take a look at it. Just go to the website and click on "Summer Clinic" in the menu on the left-hand side of the page. The agenda will be listed under "2025 Summer Clinic Agenda (Athletic and Spirit Divisions)".

We look forward to seeing you in Arlington at the 2025 TGCA Summer Clinic, and we thank you for your continued support of the Texas Girls Coaches Association.

2025 SUMMER CLINIC ARLINGTON HOTELS AND RATES

You MUST use the Hotel Reservation Services link on the TGCA website under the Summer Clinic tab to get the TGCA rates. Hotel Reservation Services are now open. If you need assistance with your reservation, contact information for Orchid Reservation Services can be found within the link for Hotel Reservation Services. You cannot call the hotel directly. You must go through the Hotel Reservation Services link.

TGCA SOFTBALL COMMITTEE

% - Chair & - Vice Chair

COACH	SCHOOL	CONF.-REG.
Brent Morris	Amarillo River Road	3A-1
Ryan Miller	Wolfforth Frenship	6A-1
Reagan Sewell	Clyde	3A-2
Jenna Aguirre	Abilene	5A-2
Mitchell Davis	Krum	4A-3
Heather Myers	Aledo	5A-3
Donald Gray	Longview Spring Hill	4A-4
Samantha Weeks	Tyler Legacy	6A-4
Crystal Muncrief	Chester	3A-5
Aaron Fuller &	Barbers Hill	5A-5
Roger Maupin	Weimar	2A-6
Melissa Hall	Georgetown	5A-6
Teresa Lentz %	CC Calallen	4A-7
Lindsey Gage	FB Ridge Point	6A-7

COACH	SCHOOL	CONF.-REG.
Kenny King	Harper	2A-8
Mandy Davis	Midland Legacy	6A-8



THE TEXAS WAY

Embracing Texas Pride in Sportsmanship: Our Commitment to The Texas Way

At TGCA we proudly endorse The Texas Way, an initiative that champions sportsmanship, integrity, and community strength in Texas sporting events.

The Texas Way, founded by THSCA, THSADA, and 2Words Character Development, aims to enhance sportsmanship, reduce ejections, and foster positive relationships among coaches, athletes, officials, fans, and the local

community.

What is The Texas Way?

The Texas Way is a collaborative campaign to:

- IMPROVE the level of sportsmanship at UIL sporting events.
- DECREASE the number of ejections at UIL sporting events.
- STRENGTHEN communities and the relationships between coaches, athletes, officials, and fans.

The Three Pillars of The Texas Way

To coach, play, officiate, or support The Texas Way means you commit to the following three pillars:

- Respect for Others: We pledge to give respect to all participants (coaches, players, officials, and fans) because of who I am, not because of what they do.

- Control of Self: We commit to give boundaries to our thoughts, words, and actions, and to control our anger in the face of competition and adversity.

- Spirit of Competition: We commit to give everything we have to be the absolute best we can be, and to put our team in the best position to win, but we will not sacrifice our integrity to do it.

By supporting The Texas Way, TGCA is dedicated to creating a positive and respectful sports environment, ensuring that the spirit of competition thrives with self-control, integrity, and mutual respect.

Join us in playing The Texas Way and make a difference in the Texas sports community!

What is The Texas Way?

For more details, visit: TheTexasWay.com



TGCA ALL-STAR PROGRAM

All information is located on the TGCA website under the All-Stars tab in the menu across the top of the page, but here are some quick links:

> [All-Star Itinerary](#)

> [All-Star Game Schedule](#)

TGCA SATELLITE SPORTS CLINICS

TGCA will be hosting two Satellite Sports Clinics in 2025. Registration for all clinics is now open, both on-line and by mail, email, or fax. Printable forms can be found on the website, www.austintgca.com, under the "Forms" category and under the "Other Clinics" category, both located in the menu on the left-

hand side of the main page. We would encourage you to do your registration and membership renewal on-line. It's easy, secure and time-saving. However, if you need to print the form(s), just click on the form you want to print, complete it and either snail mail with a check, or fax (512-708-1325) or email (tgca@austintgca.com).

2025 SUMMER CLINIC
EXHIBIT WITH US
TEXAS GIRLS COACHES ASSOCIATION
SUMMER CLINIC AND EXHIBITOR SHOW
ARLINGTON CONVENTION CENTER
July 14-17, 2025
10'X 8' BOOTH: \$500
ADDITIONAL: \$450
ADVERTISE
AD space AVAILABLE!
www.austintgca.com
For questions or additional Exhibitor information please visit our website or contact:
tgca@austintgca.com
(512) 708-1333

www.austintgca.com) with a valid credit card number. If you need assistance with the on-line process, or need your membership number or password, please just contact us and we will be happy to assist you. If you have changed schools, please contact us. You cannot do that on-line. Agendas for all clinics will be available on

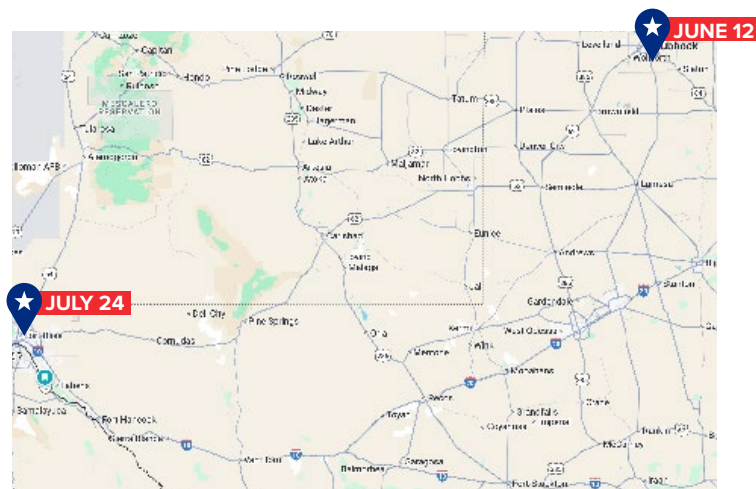
the website when ready, and will be updated as speakers are confirmed. We sincerely hope you will join us at one or all of our clinics this year. Thank you for your continued support of the Texas Girls Coaches Association.

2025 REGION I & II LUBBOCK CLINIC

TBA
Lubbock, Texas
June 12
[Agenda](#)
[Registration Form](#)

2025 EL PASO ALL-SPORTS CLINIC

Franklin High School
El Paso, Texas
July 24
[Agenda](#)
[Registration Form](#)



2025-26 TGCA MEMBERSHIP RENEWAL AND CLINIC REGISTRATION INSTRUCTIONS

TGCA would like to take this opportunity to say THANK YOU to our member coaches. The Association only exists because you continue to support it through not only your membership dues and clinic fees, but through your willingness to volunteer when needed, be it serving on a committee, serving on the Board of Directors, nominating your athletes for honors, speaking at one of our clinics, or submitting photographs of your athletes for the Newsletter and website. We truly do appreciate you and want you to always remember that this is YOUR association, and the TGCA staff is here to assist you in any way that we are able.

Membership renewal and clinic registration for all clinics will open February 1st. Effective that day, on-line membership renewal and clinic registration for the 2025-2026 year will become active. Please keep in mind that on February 1st and after that date, if you still need to renew for the 2024-25 year (this year), you will no longer be able to do that on-line, and must print a form from the website to either mail with a check, or fax or email with a credit card number.

On-line membership renewal and clinic registration are through the Membership Site. To access the Membership Site, simply go to the website, www.austintgca.com, and click on the category in the menu on the left-hand side of the page entitled "Membership Site". You will then be required to log in. Your username is your membership number and always will be. That will not change. If you don't remember your password, please contact us and we will be happy to reset it to your membership number for you.

On the home page of the Mem-

bership Site, you will notice, on the left-hand side of the page, the categories for renewing your membership and registering for Summer Clinic and/or any of the Satellite Sports Clinics. We have tried to simplify this process for you, and they are exactly what they say they are.

If you click on "Summer Clinic", your profile page will appear. You can make any changes you wish to your profile page, except the school where you coach. If your school is incorrect, please give us a call or drop us an e-mail and we will be happy to update that information for you. If you need to update anything else on your profile, simply click the box that says "To Correct Coaching Contact Information Click Here", and update the information that needs to be corrected. This information may also be updated by clicking on the "Update Profile" category in the menu across the top of the page. Don't forget to add your coaching experience. You need to be sure and keep that up to date to build your on-line resume for the job board.

Once you have updated any information that needs to be updated and added your current coaching experience, you are now ready to renew your membership and register for Summer Clinic. You will notice there are three "packages" you may choose from. The Bronze Package is membership only and does not include registration for Summer Clinic. That cost is now \$70.00. The Silver Package is Summer Clinic registration only and does not include membership renewal. That package is now \$65.00 before June 15, and \$80.00 on or after June 15. The Gold Package includes your membership renewal AND Summer

Clinic registration for a total cost of \$135.00. You can click on "Detail Description" beside each package and it will tell you what they are. Please remember there is a \$2.50 processing fee charged by the on-line credit card company. You must check the appropriate box for the transaction to go through. **You MUST be a member of TGCA to attend any TGCA clinic.**

Once you have selected the option you wish to pay for, you will see a page that will give you information regarding your transaction. If it is correct, you will click on the "Payment" button, and this will take you to the payment information page. Simply fill in the information requested. In the "Security Code" portion, this is an on-line security code and NOT the security code on your credit card. You will see letters and/or numbers in the gray shadowed box. Simply retype what you see in that gray shadowed box in the very small box located right above the words (in blue) "I cannot read the code, please provide a new one" and right below the words (in black) "Please enter the security code above". You will actually enter the security code you see into the box below those words in black. Once you have completed that page, click the "Submit" button and you are done. You will receive a receipt confirmation by e-mail. That is why it is so important that your e-mail address is accurate. If you do not receive your receipt, check your junk mail. Your school's filtering system may have sent it there. If you don't get your receipt by e-mail, please contact us. Your school may be blocking our e-mails completely. Please check your receipt confirmation carefully. Please remember that the address on your credit card MUST match the address on your profile exactly. This is a security feature the on-line credit card company uses.

If you click on the category entitled "Satellite Clinics", you may then choose the Satellite Sports Clinic you wish to register for. TGCA is pleased to announce we will be hosting Satellite Sports Clinics for 2025 in Lubbock (Regions I & II), and El Paso. Simply click on the Satellite Sports Clinic you wish to register for and complete the same process outlined above. The cost of attendance to any of our

Satellite Sports Clinics is \$80.00. This includes your 2025-26 membership card. You CANNOT just renew your membership in the Satellite Clinics category. If you and your school will be splitting the admittance fee, you will need to print a form from the website and mail it to us with your portion of the fee, and an explanation that your school will be paying the other half of the admittance fee. You will not be able to split the fee on-line. You will, however, be allowed to register for a Satellite Sports Clinic and pay an admittance fee of \$40.00 if **you have already paid the \$70.00 renewal fee for your 2025-26 membership.**

If you are not planning to attend Summer Clinic or any of the Satellite Sports Clinics and simply wish to renew your membership, click on the last category "Membership Only". You only have the option of membership renewal in this category, and the procedure is the same as outlined above.

Please remember that you need to use the membership number you have been assigned when renewing your membership or accessing the Membership Site. If you do not remember it, or your password, please call the TGCA office and we will be happy to look it up for you, or reset your password for you. We would request that you **DO NOT** set up a new profile if you are already a current member, or have been a member in the past and have received a membership number previously. When you do that, you also give yourself a new membership number, and we want you to have the same membership number for life.

If you are a brand new member, simply access the TGCA website, www.austintgca.com, and click on the category in the menu on the left-hand side of the page entitled "First Time Member", and follow the process outlined for "New to TGCA for the First Time". Should you need assistance, please just contact the TGCA office and we will be more than happy to assist you.

Again, we thank you for your support of the Texas Girls Coaches Association. Our job is to make your association the best that it can be. We welcome your comments and suggestions.

EXTREMELY IMPORTANT

If you renew your membership on or after February 1st online through the Membership Site, you will be renewing for the 2025-26 year, beginning June 1, 2025 and ending May 31st, 2026. Please be sure that is what you intended to do. You may still print a 2024-25 membership form from the "Forms" category in the menu on the left-hand side of the main page of the website.



photo courtesy Mark Burgen

GENERAL NOMINATION INSTRUCTIONS

All nominations should be made on-line at www.austintgca.com, under the sport tab for which a particular nomination is made. Please do all nominations on-line and before the deadline. Cheerleading nominations are located on the Spirit page in the menu on the left-hand side of the page. All questions or inquiries regarding Cheer nominations should be addressed to the Spirit Advisory Board. Contact information is located on the Spirit page under Spirit Advisory Board in the menu on the left-hand side of the page. All other nominations should be submitted through

the Membership Site once you have logged in.

If your nomination was submitted correctly, you will receive a confirmation e-mail. You can check that your nominations have gone through by logging on to the Membership Site, clicking on "Nominations" from the menu at the top of the page, and then clicking number five "Member Nominations Info". This will show you what nominations you have submitted. If you do not see your nominations there, they did not go through and must be done again. **WE STRONGLY ENCOURAGE YOU TO DO THIS AF-**

TER YOU HAVE COMPLETED ALL NOMINATIONS.

PLEASE NOTE: The TGCA system does not interact well with Internet Explorer. We recommend you use Chrome or Firefox as your web browser, or something other than Internet Explorer, to make your nominations.

If you miss the on-line nomination deadline for your sport or cheerleading, you **MUST** print the proper form from the website under the "Bylaws" category and submit that form to your regional committee representative for submission to the appropriate committee. Your regional representative

for the committees is listed on the website under the sport category they pertain to. This should be done in all categories except Academic All-State.

Any nominations for Academic All-State must be submitted to the TGCA office on a form printed from the website if the on-line honors nomination deadline is missed. Instructions for nominating on-line, along with nomination guidelines, may be found under each specific sport tab on the website, and also under the Bylaws.

INSTRUCTIONS FOR ONLINE HONORS NOMINATIONS

Below are the instructions for completing TGCA honors nominations on-line. Please read these instructions and follow them precisely and your nomination should go through with no problems.

PLEASE NOTE: The TGCA system does not interact well with Internet Explorer. We recommend using Chrome or another browser other than Internet Explorer.

1 Access the TGCA website at austintgca.com.

2 Click on the "Membership Site" category in the menu on the left-hand side of the page.

3 You will be required to log in at this point. Your user name will always be your TGCA membership number. That will never change. If you don't know your number, please contact us and we will be happy to give it to you. **PLEASE DO NOT MAKE YOURSELF A NEW MEMBER AND GET A NEW MEMBERSHIP NUMBER.** Your password, if you've not logged on to the system before, will also be your membership number. If you've already accessed the website and logged in, your password will be whatever you have created it to be. If you do not remember your password, we do not have it. You will need to contact us so that we may reset your password to your membership number, and you will need to go through the complete log in process over again, including resetting your password. When prompted to change your password, please keep in mind that the "Old Password" category will also be your membership number. We do not recommend using the "Forgot Password" link, as you will more than likely never see the response email. It is more often than not blocked by a security measure in place by your

school.

4 Once you've completed the log-in process, you will access the home page of the Membership Site. In the tabs menu at the top of that page, click on "Nominations".

5 Click on the "(6) Member Nominations Add" category in the menu on the left-hand side of the page.

6 Your e-mail information will be listed on this page. This is the e-mail address your nomination confirmation will be sent to. **PLEASE** be sure your e-mail address is correct. If your e-mail address is incorrect, you will need to click the "Update Profile" category in the menu at the top of the page and correct your e-mail address, or you will not receive your nomination confirmation. If you do not need to make changes, click the sport you are nominating for. Scroll to the bottom of the page and click the "Next Step" button.

7 Click the button next to the category you are nominating for (All-Star, All-State, Academic All-State, etc.). On Academic All-State, please be sure you click All-State for athletes and cheerleaders and not Academic All-State Support Staff. Support Staff would be for trainers, stat keepers, managers, etc. Next click the button "Next Step".

8 Complete the form by typing in the information requested in the "Update" field.

9 When you get to the "School:ISD" field, please begin typing the name of your school. Schools are listed in the database by name of the school, followed by the ISD. If your school is named after someone, or there are multiple schools with the same name, just

start to type the LAST name of the person it's named after, or the school name, and look in the text pop up box for your school followed by your ISD. This is very IMPORTANT! Your school must appear exactly as it is in our database for your nomination to be correctly entered. As you type, a text pop up box will appear under the school line. Please click on the correct school in this box and please pay careful attention to the school you select, making sure it is the correct school, with the correct ISD. If you are an Athletic Director, please DO NOT click on anything that says AD. For

for some reason, your form was not filled out correctly, you will receive an error message after clicking the "Submit" button. If you did not receive the error message, your nomination went through successfully, and you should receive a confirmation e-mail at the e-mail address you have given us. If you fail to receive a confirmation e-mail, please contact us. You can also check to see if your nominations successfully went through by returning to the "Nominations" page and clicking on "(5) Member Nominations Info". If you do not see your nominations listed there, please contact us.



photo courtesy Chelsea Festervand

your nomination to appear correctly, it must have the name of the school, rather than your title. You may need to type the complete name of the school, including "High School" for it to populate. There are many, many schools with the same name, including junior highs and middle schools.

10 Continue completing the form. If you need to add additional information regarding your nominee or their accomplishments, including stats, please do so in the large text box at the bottom of the page.

11 When you have completed the form, please click the "Submit" button at the bottom of the page. If,

12 You will need to follow these steps for each nomination of each athlete in each category that you wish to make. **For Academic All-State, you only need to list the GPA.** We do not need the honors section, as we only check for grade classification (senior) and the GPA, which must be 94 or above and must be submitted in that format, not on a 5.0, 4.0, etc. Any nominations submitted on the grade point only scale will be counted as nonvalid.

If you need assistance with any of this process, please contact us at tgca@austintgca.com, or call our office at 512-708-1333, and we will be happy to assist you.

TEXAS GIRLS COACHES ASSOCIATION CAREER VICTORIES

Members of the Texas Girls Coaches Association will be honored for career victories in cross country, volleyball, basketball, soccer, golf, track & field, softball, and cheerleading.

- Coaches must be members of the Texas Girls Coaches Association in order to be honored.
- Only victories compiled in varsity girls' sports and cheerleading will be counted.
- Coaches are responsible for sending their record to the TGCA office as soon as the career victory mark is passed. This record should include a chronological list of each school where you have coached varsity and the corresponding annual win/loss record, or point accumulation, and should be emailed or mailed to the TGCA office.

VOLLEYBALL

Coaches will receive certificates when they reach their



photo courtesy Summer McCowan

300th and 400th career victory, and plaques at the 500, 600, and more victory level. A victory will consist of winning a scheduled match. Scrimmages do not count.

BASKETBALL

Coaches will receive certificates when they reach their 300th and 400th career victory, and plaques at the 500, 600, and more victory level. A victory will consist of winning a scheduled game. Scrimmages do not count.

SOCCER

Coaches will receive certificates when they reach their 300th and 400th career victory, and plaques at the 500, 600, and more victory level. A victory will consist of winning a scheduled game. Scrimmages do not count.

GOLF

Coaches will receive certificates when they reach the 300 or 400 point level. Plaques will be awarded at the 500, 600, and more point level. Golf points are determined by the following system:

- 10 points for each year a varsity head coach
- 10 points for each district championship
- 3 points for each regional qualifier
- 5 points for each individual regional champion
- 4 points for each state qualifier
- 10 points for each individual state champion

- 20 points for team regional championship
- 30 points for team state championship

TRACK & FIELD, CROSS COUNTRY

Coaches will receive certificates when they reach the 300 or 400 point level. Plaques will be awarded at the 500, 600, and more point level. *Note: Cross Country and Track & Field points must be totaled separately. Cross Country and Track & Field points are determined by the following system:*

- 10 points for each year a varsity head coach
- 10 points for each district championship
- 1 point for each area qualifier (relays: 2 points)
- 2 points for each regional qualifier (relays: 4 points)
- 3 points for each state qualifier (relays: 6 points)
- 15 points for team area championship
- 20 points for team regional championship
- 30 points for team state championship

SOFTBALL

Coaches will receive certificates when they reach their 300th and 400th career victory, and plaques at the 500, 600, and more victory level. A victory will consist of winning a scheduled game. Scrimmages do not count.

SPIRIT

Coaches will receive certificates when they reach the 300 or 400 point level. Plaque recognition begins at 500. Hall of Fame eligibility at 1,000 points. Spirit points are determined by the following system:

- 10 points for each year a varsity head coach
- 10 points for each Finals appearance
- 15 points for Best of Category win
- 30 Third Place Finish
- 40 Second Place Finish
- 50 State Champion

WRESTLING

Coaches will receive certificates when they reach the 300 or 400 point level. Plaques will be awarded at the 500, 600, and more point level. Wrestling points are determined by the following system:

- 10 points for each year a varsity head coach
- 10 points for each district championship
- 1 point for each regional qualifier
- 1 point for each dual victory
- 4 points for each state qualifier
- 20 points for team regional championship
- 30 points for team state championship

Deadline for submitting accomplishments is May 30
Revised by vote of the Board of Directors March 2, 2014

SUB-VARSITY YEARS OF SERVICE RECOGNITION AWARD

Adopted by the TGCA Board of Directors at July 7, 2008 Meeting

Sub-Varsity coaches with five and 10 years of service will be presented with a certificate at the General Business Meeting at Summer Clinic, and Sub-Varsity coaches with 15 and above years of service will be presented

with a plaque at the Honor Awards Luncheon at Summer Clinic, as a Years of Service Recognition Award. Awards will be presented in five year increments. All Sub-Varsity coaches must be a member in good standing

of the Texas Girls Coaches Association as of November 1 of the current school year to receive a Years of Service Award. The individual may coach multiple sports, but cannot be the head coach in volleyball, basketball, or

softball. Sub-Varsity coaches meeting this criteria should submit their documentation to the TGCA office before June 1st of the qualifying year.

PLAY4KAY 2025



Play4Kay 2025 was nothing short of extraordinary! This year alone, our collective efforts have made a significant impact on the lives of countless women and their families across 11 different states. Thanks to your dedication and fundraising initiatives, we proudly celebrate our 17th year by awarding an impressive \$9.5 million towards life-saving cancer research and programs that ensure under-resourced women have access to quality cancer healthcare. This remarkable achievement would not have been possible without you and your remarkable ability to unite your communities for a vital cause. Your commitment truly makes a difference!

It's never too early to start planning for next year! Contact Jennifer Sullivan jennifer.sullivan@kayyow.com to discuss how you can get involved with Play4Kay!



photo courtesy Kristi Saxon



photo courtesy Matt Pokorny

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28 GIRLS GOLF: STATE MEET TGCA: Track & Field Nominations Deadline, 12:00 p.m.	29	30	1 TRACK & FIELD: STATE MEET SOFTBALL: AREA	2	3
4 TGCA: Track & Field Committee, All-State Committee Meeting, 6 PM	5 TGCA: Sub-Varsity Committee Meeting, 6 PM	6	7	8 SOFTBALL: REGIONAL SEMIFINALS	9	10
11	12 TGCA: Tennis Nominations Deadline, 12:00 p.m.	13	14	15 TENNIS STATE MEET SOFTBALL: REGIONAL FINALS	16	17
18	19	20	21	22 SOFTBALL: STATE SEMIFINALS	23	24
25	26 TGCA OFFICE CLOSED TGCA: Softball Nominations Deadline, 12:00 p.m.	27	28	29 SOFTBALL: STATE FINALS	30	31

TO ALL COACHES: PLEASE UPDATE YOUR PROFILE ONLINE

Please go online and check that your profile is up-to-date, including addresses, telephone numbers (school, cell, home), and all other personal information. You can change all information

on your profile except your school. Please check your coaching experience and add information as needed. We appreciate your help in this endeavor.

TGCA SUB-VARSITY COACH OF THE YEAR NOMINATION DEADLINE

All varsity coaches in cross country, volleyball, basketball, track and field, softball cheerleading, soccer, golf and tennis are encouraged to nominate their deserving sub-varsity (grades 9-12) and middle school (grades 7-8) coaches for TGCA Sub-Varsity Coach of the Year and TGCA Middle School Coach of the Year in their respective sport and cheerleading. Sub-Varsity and Middle School coaches may coach

multiple sports, but they cannot be the varsity head coach in basketball, volleyball or softball to qualify for Sub-Varsity Coach of the Year or Middle School Coach of the Year. Nominations should be done on-line, just like any other honor nomination. Deadline is May 1st, and nominations will close at noon on that day. Selections will be made by the Sub-Varsity Committee.

THANKS TO OUR SPONSORS

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-MaxPreps
-Nike
-Sport-Tek

-Surge
-Varsity



BSN SPORTS

TGCA NEWS

TGCA News is the official newsletter of the
Texas Girls Coaches Association

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TGCA on the Web
Polls, as well as other current information, can be found on the TGCA website at: austintgca.com.

Did you move?
Please notify the TGCA office if your school, home address, telephone number or coaching assignment changes.

UIL eligibility / Sport rule questions
If you have any questions on eligibility or sport rule interpretations, contact the UIL at (512) 471-5883.



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